

All Played Out at Quitting Time? The World's Greatest Tonic

For \$5 to \$15 a year, according to frequency desired, a reliable, convenient, periodical physical check-tip by chemical analysis and microscopical examination of urine specimens. We furnish malling aquipment and postage. Discovers Diabetes Bright's Disease, etc. Approved by Med. Profession; relied upon by insurance companies; used \$500,000 thoughtful persons. Write for FREE bookiet. You should KNOW. No medicines of treatments for sale, Sunderland Laboratories, Isleda, 0.

Nothing to Forget. Bess-A wife makes a man forget a whole lot of trouble. Bob-That a bachelor never has.

Important to Mothers Examine carefully every bottle of CASTORIA, that famous old remedy for infants and children, and see that it Bears the

Signature of In Use for Over 30 Years. Children Cry for Fletcher's Castoria

"Well, my brother has solved the housing problem." "Huh?" "Got him self in jail."-Louisville Courier-Jour

Backache? Pains?

Are You on the Border of a Nervous Breakdown with Pains Here and There? Youngstown, Ohio-"Dr. Pierce's

Favorite Prescription has given me wonderful relief. It is the best woman's tonic I have ever taken. I suffered a severe nervous breakdown, my back ached and I had severe pains down thru my limbs-I was in a generally run-down condi-My mother advised me to take the 'Favorite Prescription' and it did me a world of good. It completely built up my whole nervous system and restored me to health and strength and I take great pleasure in recommending it."-Mrs. Frank Stephenson, 219 Kirtland St.

in 1902 he became interested in the

possibilities of the cultivation of the

Japanese bamboo in America. Plants

were brought back to this country and

planted, and the result in a few years

was a luxuriant grove; said to be the

only one in this country. The bamboo

has been used for decorative effects in

landscape gardening in the United

and spruce forests of Canada, the

eucalyptus-covered plains of Australia,

the rainy region jungles of Brazil, the

fern-tree forests of Hawali, are all

different from one another, but they

trunks, and above them are the spread-

ing branches or branchlike leaves.

They agree in a general way with

A bamboo grove, however, is a differ-

ent thing entirely. The bamboo is a

giant grass. Like a grass, it forms a

mat or sod of roots, which completely

fill the ground. Like grass, this sod

in the spring sends up everywhere

new young shoots which instead of

starting out as miniature forms of

the trees they are to become-growing

slowly larger with each passing year-

come up full-sized through the ground,

and they come up with a rush, raising

the soil and cracking it as a mole does.

Often four inches in diameter, these

shoot skyward at the rate of a foot a

day, until they stand towering above

Put your hand on one of these new

shoots, green as an asparagus shoot.

If you shake it, the top will snap off

and fall down on your head, so soft

and brittle does it remain until it has

reached its full height and spread out

its delicate branches of thin, green

On all sides, so close that you can

just walk between them, rise these

giant green canes, branchless for 20

occurs a joint, like the joints of a

between the joints-the internodes-

are hollow. Each incloses a dead air-

space, so completely shutting it in

that, if you heat the air by throwing a

cane into the fire, it will explode with

through the thin plumes of leaves on

you 50 or 60 feet in the air.

leaves.

a loud report.

one's conventional idea of a tree.

Beauty and health go hand in hand. Health is your most valuable asset. It does not pay to neglect it. Will you then not write Dr. Pierce, Pres. of the Invalids' Hotel, in Buf-falo, N. Y., now? Mail it, with 10c for a trial pkg. of tablets. You will receive FREE medical advice in strict confidence.

Comfort Baby's Skin With Cuticura Soap **And Fragrant Talcum** Soap 25c, Ointment 25 and 50c, Talcum 25c.

SQUEEZED TO DEATH

When the body begins to stiffen and movement becomes painful it is usually an indication that the kidneys are out of order. Keep these organs healthy by taking



The world's standard remedy for kidney, liver, bladder and uric acid troubles. Famous since 1696. Take regularly and keep in good health. In three sizes, all druggists. . Guaranteed as represented. Look for the name Gold Medal on every box and accept no imitation



into them ALLEN'S FOOT=EASE

The Antiseptic, Healing Powder for the Feet
Takes the friction from the shoe, freshens the feet and gives new vigor. At hight, when your feet are tired, sore and swollen from walking and dancing, Springle ALLENS FOOT, FASE in the Sprinkle ALLEN'S FOOT-EASE in the oot-bath and enjoy the bliss of feet

without an ache.
Over 1,500,000 pounds of Powder for the
Feet were used by our Army and Navy dur-In a Pinch, Use ALLEN'S FOOT-EASE



away.

As a landscape unit alone, therefore, a grove of bamboos is worthy A bamboo grove is strangely differ. of the widest popularity, and parks ent-unusually so-from any other and open places through the South

But there are other and more practical reasons for the distribution of date-palm groves of Egypt and the the bamboo throughout the South. Its young shoots furnish one of the most delicious of early vegetables. Prophave this in common—the trees have erly cooked, it has a freshness and flavor somewhat like sweet corn, but its texture is firmer. It comes into the market in April and should quickly win its proper place on the American menu, where vegetables are always a desideratum.

To speak of the timber uses of the bamboo is a good deal like speaking of the timber uses of the pine, except that the qualities of the two are entirely distinct. The peculiar properties of the bamboo come from the fact that the trunks are composed of short, hollow cylinders, making them the lightest timbers for their strength of any known.

The fibers run from end to end, making it possible to split a bamboo pole into strands or strips more easlly than any other wood. These fibers are among the strongest, most elastic known, and it is the bewilderment of occidentals visting Japan to see how many are the uses of this peculiar timber.

For ladders, their lightness and strength render the poles remarkably well adapted; there are no fruit-picking ladders which compare with them.

For fishing poles, the small canes are imported by the millions from Japan and scattered by jobbers all over the country so that every boy can or 30 feet. At every foot or two there have one. Split bamboo fishing rods, of which we use \$5,000,000 worth evtall grass. Like the grass, the lengths ery year, are made from the outer layers of wood of the best canes,

What baskets can compare in their variety and delicacy of construction with the bamboo baskets of Japan!

For watering pipes for small gardens they will have the same use in The charm of a bamboo grove lies America that they have in Japan, the fairly satisfactory substitute. in the friendly mystery of its shade, joints being broken out with a long with the green sunlight flickering iron rod.

Our best flower stakes are bamboo. to the soft mat of yellow dead leaves Bamboo bean poles cannot be excelled, below. You wander through such a and for light arbors, fences, trellises, quiet, fairy-like charm of it remains and many kinds of tool handles, they gives employment to 250,000 persons.

with you long after you have gone | find a wide use in all parts of the East. Any one who has used a bamboohandled broom will appreciate its lightness and the smooth finish to its surface, while the split strands of bamboo are so stiff and elastic that growth of trees in the world. The should plant them. It is difficult to they have been used most successfully dense, deciduous tropical forests of imagine a more wonderful place for in broom making—they may even com-Java and Sumatra, the evergreen fir little children to play in than a bam- pete with the broom-corn straw for

Who knows but that the paper supply of the future may come largely from bamboo. Paper is made from the young stems in both the East and West Indies and in China.

It seems as if a bamboo could be found for many kinds of climates. The bamboo is found in India, China, Japan and in Africa and tropical America. There are about 200 varieties. Many species do well in English gardens. The extensive canebrakes of southern United States are a kind of native bamboo-Arundinaria Macros-perma. In short, it will apparently grow freely anywhere in tropical and subtropical climates.

Every angler with any pride in his tackle has a split-bamboo rod. It makes no difference whether he is a flycaster or a bait-caster. If he is both, he has two split-bamboo rods. The bamboo is imported and the rods are made in this country. At rod making the American leads the world. It would be no small matter if the bamboo for these millions of rods were grown in this country.

While these are a few of the obvious uses which will probably be first investigated by Americans, it is inconceivable that the ingenuity of the American will not find new uses for so unique a raw product as the bam-The grove at Savannah may boo.

play a most important role in the education of the people of this continent in the uses and beauty of this remarkable plant.

Surely, with the increasing depletion of our forests and the exceedingly high cost of lumber and timber in many places where the local supply has been exhausted, the possibilities of the bamboo are well worth thorough investigation. Doubtless it may not be as good as our natural woods, but it is likely that it can be used as a

Billion Paid to See Films.

The people of the United States pay from \$750,00,0000 to \$1,000,000,000 a year to see motion pictures. The grove, feeling that you have never vine stakes, penholders, pipe stems, industry represents a total investment seen anything like it before, and the kindling wood, spraying-nozzle holders, of something like \$25,000,000, and



GIVE THEM Baker's Cocoa TO DRINK

THE almost unceasing activity with which children work off their surplus energy makes good and nutritious food a continual necessity. Of all



the food drinks Baker's Cocoa is the most perfect, supplying as it does much valuable material for the upbuilding of their growing bodies. Just as good for older

people. It is delicious, too, of fine flavor and aroma. Made only by

WALTER BAKER & CO. LTD.

DORCHESTER. MASSACHUSETTS Booklet of Choice Recipes sent free

"Science is nothing but trained and organized common sense."-Thomas

LAND OF AMAZING FERTILITY

American Settler in Western Canada Tells of Splendid Crops Raised Year After Year.

Harold J. Gregory, of Lowe Farm, Manitoba, writes as follows:

"When I came to Canada from Lexington, Ill., in the fall of 1913, it was with the spirit of adventure and through curiosity. I always imagined that crossing the boundary line took me beyond the limits of civilization into 'No Man's Land,' and that this country abounded with bears, moose, caribou and other wild game. Imagine my disappointment when I reached my friend's home just in time to help him through a month of harvestwheat, barley, flax and oats. I realized then the possibilities that this almost untouched territory held open to the home-seeking settler, with its rich, virgin soil, good markets, railroad systems, graded roads, etc.

"In the spring of 1914 I came back with the intention of testing out my judgment concerning the soil's graingrowing powers. This I did with comto satisfaction I an 480 acres of land at Lowe farm, and have raised crops of equal value to the purchase price of the land on which it was raised two or three different times. I have found this land to be superior in fertility to any land that I have ever seen, and I have seen land in Indiana, Illinois, Missouri, Arkansas, Oklahoma, Kansas, Wisconsin, and parts of Minnesota and North Dakota.

"The present low prices of machinery make this year an exceptional one in its opportunities to the man who wants to make a new start under favorable conditions. Why raise corn for 50 cents a bushel on \$300 per acre land, when you can get good improved wheat land for \$50 per acre. and wheat selling for \$1.15 at your local elevator? I was enabled to purchase a Gray Dort automobile from the profit of a hay crop produced in one year. This district offers good facilities for stock raising and there are special opportunities for the hog raiser."

Information regarding all districts of Western Canada may be had from any agent of the Canadian government.-Advertisement.

Be carnul today-tomorrow may be

